IN THE CLAIMS

1. (original) A high protein, low carbohydrate nougat comprising:

at least one sugar substitute;

a protein material; and

at least one flavoring;

wherein said at least one sugar substitute comprises between about 19% to about 46% of a nougat by weight, said protein material comprises between about 28% to about 38% of

said nougat by weight, and said at least one flavoring comprises between about 7% to

about 37% of said nougat by weight.

2. (original) The nougat of claim 1, wherein said at least one sugar substitute

comprises a sugar alcohol.

3. (original) The nougat of claim 2, wherein said sugar alcohol comprises one of

maltitol or a maltitol syrup.

4. (original) The nougat of claim 1, wherein said protein material comprises one of a

whey protein, a whey protein isolate, a hydrolyzed whey protein, or a combination

thereof.

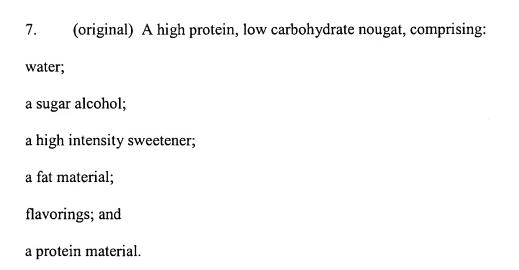
5. (original) The nougat of claim 1, wherein said flavoring comprises one of a fruit

syrup, fruit essence, dried fruit pieces, vanilla, peanut butter, or a combination thereof.

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6.	(origin	al)	The	nougat	of	claim	1,	furthe	r c	ompris	sing	inuli	n or	oli	gofru	ctose,
wherei	n said	inuli	in or	oligofi	ructe	ose coi	mpı	ises a	bou	t 10%	of 1	the w	eight	of	said	sugar
substiti	ute.									•						



- 8. (original) The nougat of claim 7, further comprising a bulking agent.
- 9. (original) A high protein, low carbohydrate nougat, comprising: maltitol;

inulin;

peanut butter or fruit flavorings; and whey protein.

10. (withdrawn) A food bar, comprising: a high protein, low carbohydrate nougat; and at least one dressing;

wherein said at least one dressing includes one of sugar-free caramel, sugar-free chocolate, fruit, nuts, grains, cereals, or a combination thereof;

wherein protein comprises about 13% to about 26% of the weight of said food bar.

- 11. (withdrawn) The food bar of claim 10, wherein said food bar comprises about 6 to about 20 grams of protein per 35 gram serving of said food bar.
- 12. (withdrawn) The food bar of claim 10, wherein said food bar comprises about 3 to about 17 grams of carbohydrates per 35 gram serving of said food bar.
- 13. (withdrawn) The food bar of claim 10, wherein said food bar comprises about 2 to about 15 grams of sugar alcohol per 35 gram serving of said food bar.
- 14. (withdrawn) The food bar of claim 10, further comprising vitamins, minerals, or a combination thereof.
- 15. (withdrawn) The food bar of claim 10, further comprising nutraceuticals, botanicals, or a combination thereof.
- 16. (withdrawn) A food bar, comprising: a high protein, low carbohydrate nougat; and

at least one dressing;

wherein said nougat comprises less than about 3% by weight net effective carbohydrates.

17. (withdrawn) A method for making a nougat, comprising:

mixing water, flavoring, and a sugar alcohol;

boiling said mixture;

combining and mixing liquid inulin, vanilla, unsalted butter, and a high intensity sweetener to said boiled mixture; and mixing in protein material.

18. (withdrawn) The method of claim 17, wherein:

said protein material comprises whey protein;

wherein said whey protein is mixed in slowly.

- 19. (withdrawn) The method of claim 17, further comprising adding crystalline maltitol after mixing in said protein material.
- 20. (withdrawn) A method for making a nougat, comprising:
 mixing together water, at least one sugar substitute, butter, at least one flavoring, and salt;
 and
 mixing in protein material.
- 21. (withdrawn) The method of claim 20, further comprising mixing in peanut butter before mixing in said protein material.

- 22. (withdrawn) The method of claim 20, further comprising mixing in inulin before mixing in said protein material.
- 23. (withdrawn) The method of claim 20, wherein: said protein material comprises whey protein; and said whey protein is mixed in slowly.
- 24. (withdrawn) A method of making a snack food, comprising forming a high protein, low carbohydrate nougat; and incorporating said nougat into a snack food.
- 25. (withdrawn) A method of making a high protein, low carbohydrate food bar, comprising:

making a high protein, low carbohydrate nougat mixture; forming said nougat mixture into at least one bar; and enrobing said nougat bar with at least one dressing.

- 26. (withdrawn) The method of claim 25, wherein said forming comprises cold forming.
- 27. (withdrawn) The method of claim 25, wherein said forming comprises hot forming.

- 28. (withdrawn) A high protein, low carbohydrate food bar, comprising:
- a high protein, low carbohydrate nougat layer; and
- a sugar-free chocolate coating surrounding said nougat layer on all sides.
- 29. (withdrawn) The food bar of claim 28, further comprising a sugar-free caramel layer situated on top of said nougat layer.
- 30. (withdrawn) The food bar of claim 28, wherein said nougat layer comprises a whipped or a lightened nougat.
- 31. (withdrawn) A high protein, low carbohydrate food bar, comprising:
- a high protein, low carbohydrate nougat center;
- a caramel layer surrounding said nougat center on a portion of or on all sides of said nougat center; and

wherein said caramel layer includes nuts, fruit pieces, grains, cereals or any combination thereof.

- 32. (withdrawn) A high protein, low carbohydrate food bar, comprising:
- a sugar-free caramel center;
- a high protein, low carbohydrate nougat layer surrounding said caramel center; and
- a sugar-free chocolate coating surrounding said nougat layer.

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33. (withdrawn) A food bar comprising:

a high protein, low carbohydrate nougat; and

at least one dressing;

wherein said nougat includes fruit pieces, nuts, grain pieces, cereals or a combination thereof.

34. (withdrawn) A chocolate truffle, comprising:

a high protein, low carbohydrate nougat center; and

a sugar-free chocolate coating surrounding said nougat center.

- 35. (withdrawn) A diet comprising a snack food, wherein said snack food contains a high protein, low carbohydrate nougat.
- 36. (withdrawn) A nutritional supplement comprising a snack food containing a high protein, low carbohydrate nougat.
- 37. (canceled)